



Basic Life Support and CPR Training

Introduction

Emergencies don't wait, and neither should your response. The ability to perform basic life support, such as cardiopulmonary resuscitation (CPR) can make the difference between life and death in critical situations. This course empowers participants with the essential skills to confidently handle emergencies, whether at work, at home, or in the community.

Join us to learn how to respond to unconscious or non-breathing individuals with life-saving techniques like CPR and the use of an Automated External Defibrillator (AED). Together, we'll prepare you to take action when every second counts.

Emergencies can happen anywhere, at any time. In moments of crisis, knowing how to provide immediate life support is invaluable. This course ensures participants:

- Gain the knowledge and confidence to handle medical emergencies effectively.
- Understand how to assist unconscious individuals and provide critical care.
- Learn lifesaving techniques that are applicable in both workplace and everyday settings.

Course Objectives

By the end of this course, participants will:

1. Understand the fundamentals of human life support systems.
2. Gain skills to perform injury assessments and respond to emergencies.
3. Learn to assist unconscious individuals, whether breathing or non-breathing.
4. Master the techniques of CPR and the use of an AED to stabilize victims in critical conditions.

Contents

This course provides a comprehensive guide to basic life support, blending theory with hands-on practice:

1. Understanding Basic Life Support (CPR): Explore the theory and practical applications of CPR.
2. Seeking Medical Assistance: Learn the proper procedures for contacting emergency services.
3. Safety First: Assess the safety of the rescuer and the victim during an emergency.
4. Injury Assessment: Use the "3H and 3P" method for initial evaluations.
5. Airway Management: Learn recovery positioning techniques to ensure airway safety.
6. Responding to Unconscious Individuals: Differentiate between conscious/unconscious and breathing/non-breathing states.
7. CPR Techniques: Master adult CPR, including chest compressions and rescue breaths.
8. AED Integration: Learn how to use an AED effectively alongside CPR.

Instructors

Our instructors bring unparalleled expertise and are certified by:

- Emergency First Response (PADI Asia Pacific, Australia).
- Thai Red Cross standards for first aid.

With years of experience in emergency response, including former nurse assistants, our instructors are dedicated to helping you gain the confidence to save lives.

Who should attend?

This course is for everyone. Whether you're an employee, a manager, or simply someone who wants to be prepared, this training provides the tools and knowledge to make a real difference in emergencies.

Learning Format

This workshop combines expert-led lectures with hands-on practical exercises to ensure participants gain both theoretical understanding and practical skills. Evaluations follow the standards set by the Thai Red Cross to ensure high-quality training.

Each session follows a learner-centered approach, making the training engaging and impactful.

Duration

1 day, 9:00 AM - 4:00 PM (6 hours).